

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

December 2011

## Cranberry Fruit Salad Sage Stuffing for a Crowd Roasted Root Vegetables Slow Cooker Turkey Breast with Sweet Potatoes Frosty Pumpkin Delight

### Cranberry Fruit Salad

1 can (14 to 16 ounces) cranberry sauce  
5 bananas, peeled  
1 can (20 ounces) crushed pineapple, drained

1. In a large bowl, mash the cranberry sauce with the back of a spoon until smooth.
2. Slice the bananas into the bowl with the cranberry sauce.
3. Add pineapple. Stir gently. (The pineapple keeps the bananas from turning brown.)
4. Refrigerate leftovers.

Recipe Source: [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org)

**Nutrition Note:** This recipe makes 12 servings. Each serving has 130 calories, 0 grams of fat and 33 grams of carbohydrates.



### Shop Smart - Stretch Your Fruit & Veggie Dollar

When buying pomegranates, here are some things to consider.

- Select those that are heavy for their size with bright, fresh color and blemish-free skin. Store whole pomegranates for up to two months in the refrigerator. The seeds can be stored in the freezer for up to three months.
- Eat the seeds raw for a snack, add to salads, or juice for a drink.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### Sage Stuffing For a Crowd

¼ cup margarine  
¼ cup chopped onion  
1 teaspoon sage  
¼ teaspoon salt  
½ teaspoon pepper  
12 slices whole wheat bread, cubed

1. Preheat oven to 350 degrees.
2. Melt margarine and sauté onion.
3. Add seasonings to onion mixture. Pour this over bread cubes in a large baking or roasting pan.
4. Cover pan and bake ½ hour or until hot and crispy.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 160 calories, 7 grams of fat and 18 grams of carbohydrates.



### Breastfeeding:

#### Why breastfeed?

*"It's the best and healthiest way to bond with baby."*

~ Juliana, WIC Breastfeeding Mom from Minot

For more information about breastfeeding, check out our new breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).



### Roasted Root Vegetables

2 medium-sized sweet potatoes, cut into large chunks  
2 medium-sized root vegetables (white potatoes, turnips, rutabagas, parsnips, beets), cut into large chunks  
2 carrots, chopped  
1 medium onion, chopped  
¼ cup vegetable oil  
3 tablespoons parmesan cheese  
Season with your favorite spices

1. Preheat oven to 350 degrees.
2. In a medium bowl, add all chopped vegetables and pour oil over top.
3. Add parmesan cheese and seasonings; mix well.
4. Spread vegetable mixture evenly on a baking sheet.
5. Bake for 1 hour or until tender.

Recipe Source: SNAP-Ed Connection

**Nutrition Note:** This recipe makes 6 servings. Each serving has 200 calories, 10 grams of fat and 24 grams of carbohydrates.

### Slow Cooker Turkey Breast with Sweet Potatoes

4 to 5 pounds bone-in turkey breast, thawed  
2 to 3 sweet potatoes, peeled and cut into 1-inch pieces  
1 cup frozen pearl onions, thawed  
¼ cup orange marmalade  
2 tablespoons balsamic vinegar  
½ teaspoon salt  
½ teaspoon dried marjoram leaves  
2 cloves garlic, finely chopped  
2 tablespoons cornstarch  
2 tablespoons water

1. Coat a 5 to 6 quart slow cooker with nonstick cooking spray. Place turkey breast in cooker. Arrange sweet potatoes and onions around the turkey.
2. Mix the remaining ingredients except cornstarch and water in a small bowl; pour over turkey and vegetables.
3. Cover and cook on low heat for 7 to 8 hours.
4. Remove turkey and vegetables from slow cooker and cover to keep warm. Skim fat from juices in cooker. Pour juices into a 4-cup measuring cup.
5. Mix cornstarch and water until smooth and stir into juices in cup. Microwave on high 2 to 3 minutes, stirring every minute, until thickened. Serve with vegetables and turkey.

**Nutrition Note:** This recipe makes 10 servings. Each serving has 270 calories, 1 gram of fat and 20 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the  
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Women, Infants and Children  
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### Turn Off the TV

Make a drum. - Use a large, empty food can or tub to help your child make a drum. March to the music, then jump to the beat.

### Frosty Pumpkin Delight

2 cups pumpkin, freshly cooked or canned  
½ cup brown sugar  
½ teaspoon cinnamon  
¼ teaspoon ginger  
¼ teaspoon nutmeg  
4 cups light vanilla ice cream, softened

1. Combine pumpkin, sugar and spices.
2. Add softened ice cream and mix well.
3. Spoon into bread pan and cover. Freeze until firm.
4. To serve, remove from pan and slice with a warm knife. Store in the freezer

**Nutrition Note:** This recipe makes 8 servings. Each serving has 180 calories, 3.5 grams of fat and 35 grams of carbohydrates.

*Happy Holidays*

## GROWING HAPPY FAMILIES

### Family mealtimes encourage family togetherness.

Eating together is one important way to start family traditions. Developing a sense of family identity and togetherness helps children feel safe and secure in a world that can be confusing. Mealtime conversations – both the talking and the listening – are more important than where you actually eat together or the specific foods that are served.

